













USING THE GUIDE

To use this resource, look for your county in the Table of Contents. For each county, Physical Activity and Nutrition Programs are listed. The name, address, and phone number are listed for each program. When available, details of the programs are provided, such as the FOCUS of the program, special SERVICES that are provided, specific POPULATIONS that are served, FUNDING sources, FEES or charges that may be incurred for attending the program and any OTHER information.

Below is a key for the services provided and populations served.

Key:

Information/education materials	
Lectures or seminars	
Self-help materials	
Assessment	
Counseling	
Formal classes or instruction	
Healthier food put into vending machines	
Provide equipment or facilities for fitness	
Changes in cafeteria food served	
5-A-Day Program	5
Tailored for youth	
Tailored for minority groups	
Tailored for seniors	
Tailored for women	